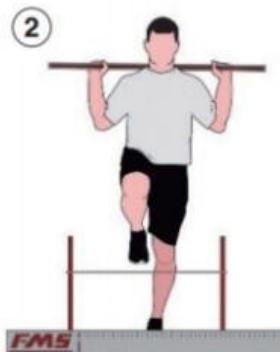
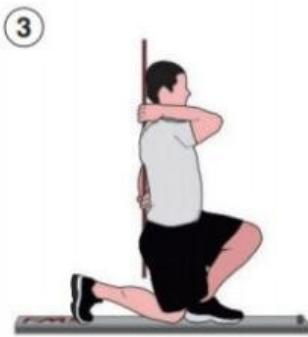




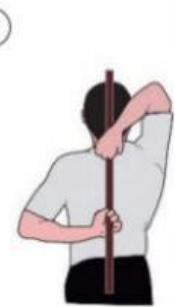
Deep squat



Hurdle step



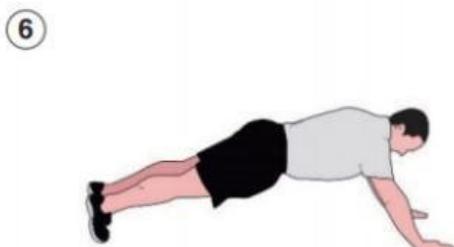
In-line lunge



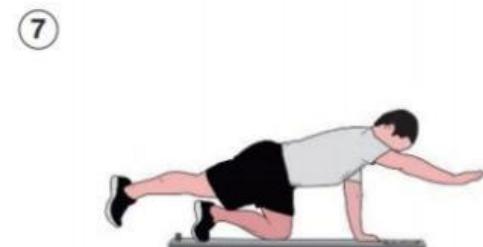
Shoulder mobility



Rotary stability



Active straight leg raise



LIVWORKSHEETS  
Trunk stability push-up